

SFA Youth Action Plan Coaching Session Planner



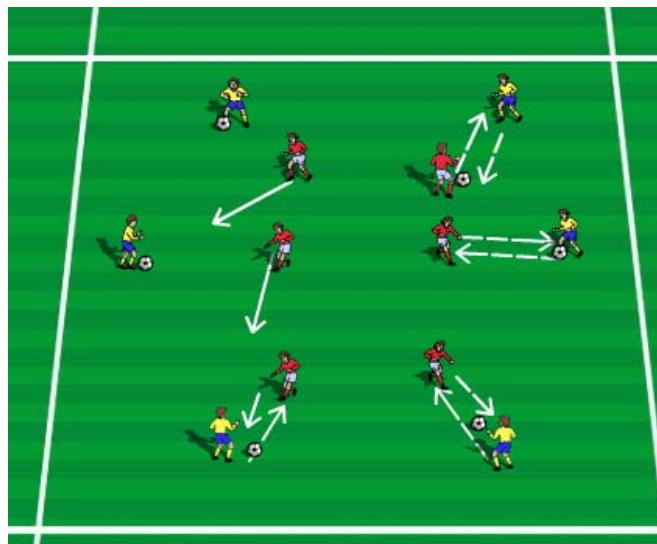
Generic Activity: Speed & Agility **Football Theme:** 1 v 1

A. WARM-UP

Yellows players take the ball and form a circle. Red players without a ball position themselves inside the circle. Yellow players with the ball feed pass from hands/feet to red player who returns pass to feeder:

- 1) Ground Pass
- 2) Half Volley
- 3) Volley
- 4) Head
- 5) Various surface control and pass.

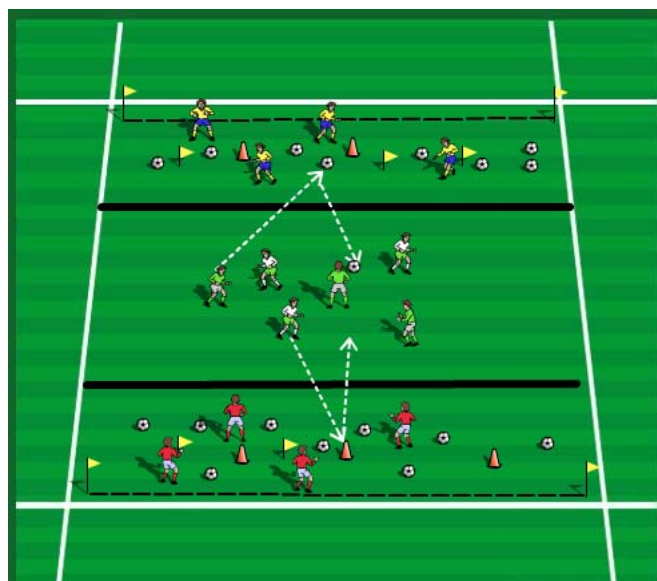
Start with partner, then move round group then switch positions.



B. GENERIC ACTIVITY

Organisation: Mark out boundaries, a “safe” at both ends of the playing area and an area to be defended in between them. Place objects in area to be defended. Select 3-4 (or more) defenders. Remaining players are scattered in the play area.

Activity: Players defend the wall by trying to keep the others from grabbing an object and getting it back to a “safe” area without being tagged. If caught, they become a defender. Game ends when all objects are in safe area OR all players are caught.



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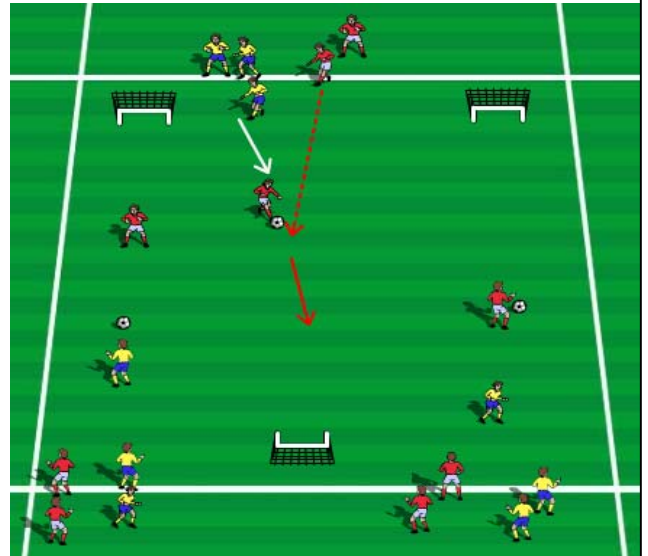
C. TECHNICAL DRILL – 1 v 1

Red player dribbles ball out from by-line towards goal and at half-way point tramps ball and moves away to defend goal. Yellow player moves forward to collect ball and attacks goal.

Players alternate as defender and attacker.

Encourage players to utilise moves shown in previous weeks.

Up and down leagues format could be used as a variation.



D. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over end-line to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



E. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

